

Egyptian Recipes

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festival of american folklife

SMITHSONIAN INSTITUTION

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NATIONAL PARK SERVICE



Smithsonian Institution
American Folklife Center



BASSBOUSA

4 cups farina
3/4 lb. unsalted butter
1 1/4 cups milk
1 cup sugar
1 cup coconut

FARINA DESSERT

1 tsp. baking powder
3 cups sugar
2 cups water
2 tsps. lemon juice

Warm the milk; heat the butter very hot. Stir the butter into the farina. Stir in the warmed milk, then the coconut, 1 cup sugar and the baking powder and mix well. Butter a large (9" x 13") Pyrex baking dish and spread the mixture in it evenly. Cut it in small squares and place a piece of almond on each square. Set aside for 30 minutes. Then bake at 350° for approximately 45 minutes until it is golden brown.

While the farina mixture is set aside before baking, make a syrup by dissolving 3 cups of sugar in the water and stirring constantly while bringing it to a boil. Add the lemon juice and boil for one minute, then set aside to cool.

When the farina mixture is removed from the oven, pour the cooled syrup over it. Serve when cool.

SALADA TAHINA

1/2 cup sesame tahini* (ground,
hulled sesame seed)
1 Tbsp. lemon juice
Pinch cumin

SESAME SAUCE SUPREME

1 tsp. crushed garlic
1 Tbsp. chopped parsley
1/2 tsp. salt
1 Tbsp. vinegar

Blend lemon juice and tahini until thick. Add remainder of ingredients and mix well with wooden spoon. Gradually add water, a little at a time, mixing after each addition, until desired consistency is reached. Serve with crisp (Shami) bread or crackers.

*Tahini is available in Greek and Italian grocery stores.

SHORPA KHARSHOFE

1 9 oz. can artichoke hearts
1 Tbsp. flour
2 Tbsps. butter

ARTICHOKE SOUP

2 cups chicken or beef broth
1 Tbsp. lemon juice
Salt and pepper

In a medium-sized saucepan, melt butter; stir in flour and cook for two minutes until the flour becomes golden in color. Gradually blend in the broth. Add the artichoke hearts, lemon juice, salt and pepper and simmer for 30 minutes. Serve hot. Makes 3-4 servings.

SHORPA ADS

½ cup split yellow lentils
4 cups water
1 clove garlic, minced
1 small onion, chopped

LENTIL SOUP

1 carrot, chopped
1 Tbsp. butter
Salt and pepper to taste
Pinch of ground cumin

Wash lentils thoroughly. Add water, garlic, onion and carrot to lentils, and cook over medium heat for 45 minutes and add the cumin, salt and pepper. Put in the blender for 2 minutes. Add butter; simmer for 2 minutes. Serve. Makes 5 servings.

SHOURBA B'TARBIA

1 lb. chicken backs and necks
1 small onion
Salt and pepper

CHICKEN SOUP WITH EGG AND LEMON

2 egg yolks
1 tablespoon lemon juice

Prepare chicken soup by boiling the chicken backs and necks in 6 cups water for about 30 minutes--add pepper, salt, and small onion. Remove all the chicken backs and necks and the onion, leaving only the soup. In a medium size bowl put 2 egg yolks, add the lemon juice. Mix very well with a fork. Add about 4-6 cups of boiling soup previously prepared. Stir well. Serve hot.

BAKLAVA

1 lb. fillo (strudel) dough
½ lb. sweet butter (unsalted)
½ lb. ground walnuts
1 tsp. ground cinnamon

2 cups sugar
1 tsp. vanilla
1 Tbsp. lemon juice
3 cups water

Melt the butter over very low heat. In a 9" x 13" pan, place 2 or 3 sheets of fillo and brush with butter. Continue the layers of fillo brushed with butter until half of the fillo has been used. Mix the nuts with the cinnamon and one Tbsp. of the sugar, and spread over the fillo layers. Then add the rest of the fillo, 2-3 sheets at a time, brushing with butter until it is all used. With a sharp knife, cut into desired number of pieces and bake at 350° for 35 minutes until it is lightly browned.

Combine the remainder of the sugar with the water in a medium saucepan and boil over medium heat for about 30 minutes, until it thickens. Add the lemon juice and boil for 10 minutes more, then remove from heat, add vanilla and let it cool. Pour the cold syrup over the hot baklava a few minutes after removing it from the oven.

KHOSHAF

DRIED FRUIT SALAD

1 pkg. mixed dried fruit (12 oz.)
2 Tbsps. raisins
2 Tbsps. quartered almonds

2 Tbsps. sugar
3 cups water

Add sugar to water and boil for five minutes; add the rest of ingredients. Continue to boil for another minute; reduce heat and cook for seven minutes. Set aside to cool, then chill. Serve cold, garnished with whipped cream. Makes 4 servings.

BELEILA

PEELED WHEAT DESSERT

1½ cups peeled wheat (available
in Middle East grocery)
3 cups water
¾ cup sugar

½ tsp. vanilla
2 Tbsps. raisins
2 Tbsps. coconut flakes
2 Tbsps. chopped hazelnuts

Stir the wheat into the water in a medium saucepan and cook for 30 minutes or until the wheat is tender. If necessary, another ½ cup of water may be added, but the consistency should be very thick. Remove from heat and stir in sugar and vanilla. Mix the raisins, coconut and nuts. Spoon the cooked wheat into 6-8 small bowls. Sprinkle the raisin-nut mixture over the top and refrigerate. Serve cold.

BAMIA B'LAHMA MAFROUMA

OKRA WITH GROUND BEEF

1 pound fresh okra or 2 8 oz. packages
frozen whole okra
¾ lb. ground beef
1 medium onion, chopped
Pepper and salt

Dash of garlic powder
2 tablespoons butter or
margarine
1 8 oz. can tomato sauce
1½ cups water

In a deep skillet melt one tablespoon butter over medium heat. Add onion and cook until it becomes yellow; then add ground beef, pepper and salt, and cook, stirring constantly for about 5 minutes. Stir in half of the tomato sauce (4 oz.) and continue to cook over low heat for 15-20 minutes. In a medium saucepan put half of the okra. Top it with the prepared meat. Then add the other half of okra, one spoon of butter and the rest of the tomato sauce, the garlic powder and 1½ cup of water. Cook over medium heat for about 20 minutes until okra is tender (you may add a little more water if needed) and just covered with sauce. Serve hot with rice and salad.

MAHSHY KOSA

2 lbs. medium size zucchini
 $\frac{1}{2}$ lb. ground beef
1 medium onion, chopped
Salt and pepper
1 cup rice

Peel the zucchini and scrape out the center leaving a shell about $\frac{1}{4}$ inch thick.

To prepare the stuffing: Add meat, onion, salt, pepper, rice, $\frac{1}{2}$ can tomato sauce, and one tablespoon butter. Mix all very well with hands.

Fill the centers of the zucchini with the meat-rice mixture. In a medium saucepan put the stuffed zucchini. Cover with rest of the tomato sauce, 1 cup of water and one tablespoon butter. Cook over medium low heat for about 45 minutes. Serve hot.

STUFFED ZUCCHINI

2 tablespoons butter
(room temperature)
1 8 oz. can tomato sauce
1 cup water

ROZE B'KHALTA

5 Tbsps. butter
 $\frac{1}{4}$ cup chopped walnuts
5 Tbsps. raisins
 $\frac{1}{4}$ lb. ground meat
1 small onion, chopped

Melt 2 Tbsps. butter in a frypan, add nuts, stir and fry for 2 minutes; add raisins and cook for another 2 minutes. Remove nuts and raisins from pan and set aside.

Sauté meat and onion in frypan over medium heat for about 10 minutes. Add nuts and raisins. In medium-sized saucepan, melt 3 Tbsps. butter, add rice, stir and fry for 2 minutes. Add water, broth and salt; bring to boil, reduce heat and cook for 30 minutes. Combine the rice with half of the ground meat mixture and put in serving dish. Put the rest of the ground meat mixture on top and serve.

RICE VEGETABLE DISH

2 cups rice
2 cups water
2 cups chicken or beef broth
2 tsps. salt

BATATESS FORN

4 pork chops
4 large potatoes, sliced
2 onions, sliced
4 tomatoes, sliced
2 cloves garlic, minced
1 8 oz. can tomato sauce
3 cups water

POTATO VEGETABLE DISH

$\frac{1}{2}$ tsp. nutmeg
 $\frac{1}{2}$ tsp. chili powder
 $\frac{1}{2}$ tsp. pepper
1 Tbsp. salt
Pinch of paprika
2 Tbsps. butter

Layer potatoes and onions, then pork chops in a 9" x 13" baking dish. Combine tomato sauce, water, spices and seasonings, garlic and pour over. Top with sliced tomatoes and dot with butter. Bake uncovered at 400° for 30 minutes, then at 350° for one hour.

ARNABEET B'BASHAMEL

Pkg. of frozen cauliflower
(20 oz.)
Pinch of cumin
 $\frac{1}{2}$ lb. ground meat
1 medium onion, chopped
1 8 oz. can tomato sauce

CAULIFLOWER CASSEROLE

Salt and pepper
Pinch of allspice
3 Tbsps. butter
3 Tbsps. all-purpose flour
 $1\frac{1}{2}$ cups milk
1 egg, slightly beaten

Bring 3 cups of water to a boil in a saucepan, add cumin and cauliflower, and boil for 2 minutes, until cauliflower is tender. Drain and set aside. Sauté ground meat, onion, salt, pepper and allspice until meat is browned. Add tomato sauce, and cook over lowered heat for 10 minutes. Set aside. To prepare cream sauce, melt butter in medium-sized saucepan, add flour and stir until the flour is light brown. Reduce heat, slowly add milk, then salt and pepper and cook, stirring constantly, until the sauce is thick and smooth. Set aside to cool for 5 minutes, then add sauce, a little at a time and stirring constantly, to the egg.

Place half the cauliflower in a greased 9" x 9" pan, cover with the meat sauce, then the rest of the cauliflower and pour the cream sauce over the top. Bake at 350° for 30 minutes.

LAHMA B'BAED

2 lbs. lean ground beef
Salt and pepper
1 medium onion, chopped

MEAT TUBE WITH EGGS

$\frac{1}{2}$ cup parsley, chopped fine
2 tablespoons bread crumbs
6 large eggs, hardboiled

In a large bowl mix well: Ground beef, salt, pepper, chopped onion, parsley and bread crumbs. On a piece of aluminum foil approximately 10"x14", pat the meat mixture into a rectangle 8"x 12" and $\frac{1}{2}$ inch thick. Peel the eggs and cut about $\frac{1}{4}$ of an inch off each end. Place the eggs in the middle of the meat rectangle in a line with the cut ends touching. Roll the meat around the eggs, covering them on all sides and making a thick tube. Fold the aluminum foil so that it is fastened around the meat and holds it in place. Place in a baking pan and bake at 350° for one hour. Let cool for about 45 minutes. Slice about $\frac{1}{2}$ inch thick, serve cold.

KEBAB HALA

1-1 $\frac{1}{2}$ lbs. of beef, English cut
(cut in 1 inch cubes)
1 medium onion, chopped
Salt and pepper

MEAT CASSAROLE

1 tablespoon lemon juice
1 tablespoon butter or
margarine
Dash of garlic powder

Mix onion, lemon juice, garlic powder and meat. Set aside for about 45 minutes. In a medium saucepan cook the meat mixture over medium heat, turning constantly with a large spoon till all moisture is gone. Add the butter, stirring till all meat is coated with the butter. Add about 2 cups of water, cover and simmer over lowered heat. When all water has evaporated, add more; repeat until meat is tender, then add salt and pepper. Simmer for another ten minutes until little sauce is left. Serve hot with vegetables and salad.